

## Inside this issue:

Salute! To Your Good Health	2
Live Oak Manor Park	2
Holiday Dance	2
Did You Know	3
Art in the Council Chambers	4
Wednesday After-noon Movies	4
Weekly Senior Programs	4



See insert for details on senior programs and activities:

- 55 Alive Mature Driving Training
- Parents Helping Parents
- The Health Place
- Health Insurance Counseling
- Homeowners and Renters Assistance
- Income Tax Assistance
- Durable Power of Attorney for Healthcare
- Housing Conservation Program
- Long-Term Care Ombudsman
- Live Oak Adult Day Services—Adult Day Care
- Happy Hoofers
- Senior Table Games
- Chess Club
- Bingo
- Trips

# Los Gatos Senior Center Newsletter

November / December 2004

## Town of Los Gatos Senior Thanksgiving Dinner

The Town of Los Gatos is once again hosting its annual Senior Thanksgiving Dinner. The dinner will be held on Saturday, November 20, 2004, at noon, in the Neighborhood Center. The dinners will be treated to a traditional feast of turkey and all the trimmings. Chris Benson of CB Hannegan restaurant has once again graciously agreed to gather and prepare the food, which is generously donated by local restaurants and merchants. In addition to wonderful food, diners get a chance to “win big” during our door prize raffle. Seniors can also get a jump on their holiday shopping. Stop by to browse and shop at the Craft Boutique in the Neighborhood Center’s downstairs lounge. The Crafter’s Connection, a group of lively and talented ladies, has been working all

year on gift items perfect for those special people on your holiday shopping list.

Admission to the dinner is free, but we ask you to remember the less fortunate through the donation of canned goods. St. Luke’s Pantry in Los Gatos especially welcomes donations of canned chili, meat based soups, tuna (water packed), pork and beans, and fruit cocktail. This meal is a time for Los Gatos seniors to get together for a special afternoon of good food and good friends, and a great way to begin the holiday season.



## Volunteer Opportunities

Now that summer has drawn to a close, do you find yourself with time on your hands? Why not offer to help one of these two organizations in the town of Los Gatos that are looking for enthusiastic volunteers:

### Eastfield Ming Quong Children and Family Services (EMQ)

Volunteers to staff the Happy Dragon Thrift Shop (Thrift Shop supports EMQ Children and Family Services). For more information contact EMQ at 437-8358.

### EMQ Mentor Program

For more information contact Steve Aviles at (408) 335-1874.

### Community Hospital of Los Gatos’ Auxiliary

You can help in the following areas at the hospital: gift shop, information desk, messenger, outpatient services, and patient units. For more information call the Hospital at (408) 378-6131 ext. 4154.

## **Salute! To Your Good Health,** *By Debbie Kranefuss, Director of Live Oak Senior Nutrition and Service Center*

Holidays mean family traditions, especially traditions around food. The average person gains between 5-7 pounds between Halloween and New Year's Day, then spends the rest of the year trying to follow a resolution to "lose weight"! There are some simple steps to minimizing weight gain during the holidays that will also help you to keep it off for the rest of the year.

Becoming aware of your daily eating patterns is the first step. Write down what you eat for 1-2 days to get your baseline. Do you eat breakfast? Are you eating 5 fruits and vegetables a day? Do you have a good balance of protein and carbohydrates throughout the day? Do you take a multivitamin? Do you

eat on the run? Are you stressed?

The first thing to do is make a choice to eat more healthy foods. Then you have control over what you eat and can pick foods that are healthier for you. Limit fried foods and items with cream sauces, add one more vegetable or fruit to your diet each day. You don't have to make big changes all at once!

Next, practice portion control; even healthy foods have calories that need to be burned! Learn to eat when you feel hungry and stop eating when you are satisfied or comfortable. When you pace your eating, you can avoid feeling "stuffed" or "full." On the other side, waiting until you are very hungry or "starved" will make you lose control of what you put in your mouth to eat. Have a glass of your favorite low

calorie beverage before you go to a party to help control your appetite.

Lastly, be more active throughout the winter. Even ten minutes of extra activity per day can burn more calories and uplift your spirits! Just find an activity you enjoy, like dancing, walking, or even cleaning out the closet! You'll have a cleaner house while working off those extra pounds!

The Live Oak lunch program has Chef and tuna salads available every day for those of you that are trying to keep your weight in check. If you want a handout listing size comparisons for healthy portions (i.e., deck of cards = 3 oz. portion size of meat) or to order a healthy salad for lunch call 408-354-0707.



## **Live Oak Manor Park,** *by Dick Konrad, Los Gatos Parks Commissioner*

Live Oak Manor Park is a quiet 4-acre neighborhood park. The park is tree-lined with large grassy areas; there is a 0.3-mile walking path through the park. A playground is in the center of the park with benches located around the play area. The park's gazebo is in the process of being renovated.

The park is located at the intersection of Carlton Drive and Gateway. To reach Live Oak Manor Park, go north on Los Gatos Boulevard, beyond Blossom Hill to the stoplight at Gateway. Turn right on Gateway and go a short distance on Gateway until it dead ends at the park.

## **SAVE THE DATE**

**December 16, 2004**

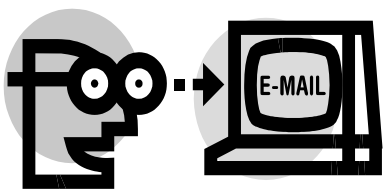
### **Holiday Dance**

**6:30 p.m. to 8:30 p.m.**

**Location: Los Gatos  
Neighborhood Center**

**Sponsored by the  
Los Gatos Lion's Club**

## Did You Know?



**“Phishing”** Internet scams to steal personal information and perpetrate identity theft are at an all time high. Phishing is the scam that most often lures unsuspecting victims into the net. Phishing is an Internet term that is used to describe a scheme which an unscrupulous person uses to "fish" for personal information like social security numbers, credit card numbers, passwords, and account information.

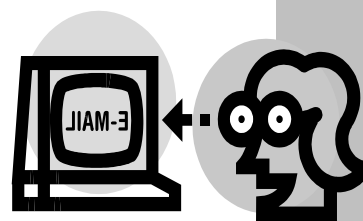
The "fishing" usually takes place by e-mail. First the scam artist carefully creates a bogus Web site making it look exactly like the real Web site of a bank, an Internet service like eBay or Hotmail, or another institution that most people trust. Then he sends you an e-mail that looks like it is from the institution that he has decided to use as his lure.

When you receive his e-mail it will look just like it came from Citibank, Visa, eBay or another reputable corporation. It will request that you verify your account information and give you a link to click where you can do that. Sometimes the e-mail will try to scare you by saying that your account will be terminated if you don't respond immediately. The link, however, does not go to the real Citibank or eBay, instead it goes to the bogus Web site that the scam artist has created.

Don't fall for these phishing schemes. Banks and most legitimate businesses will never ask for passwords, credit card numbers, or other personal information in an e-mail. To ensure your information remains confidential follow these easy guide lines.

1. Don't click on any link that is requesting personal information.
2. Update your Windows and Internet browser software often.
3. Routinely review your credit card and bank statements.
4. Protect your Social Security number. It is the key to your identity. Report any suspected scams to the proper authorities.

You can report any phishing e-mail to the institution that is being victimized. You can also send phishing e-mail to [uce@ftc.gov](mailto:uce@ftc.gov). If you feel you may have been victimized by a phishing attack, call the institution in question immediately and visit the FTC's site at [www.ftc.gov/idtheft](http://www.ftc.gov/idtheft) for information on what to do next.




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*All of us in the Community Services Department and the Los Gatos Senior Center wish you a safe and happy holiday season.*



## Weekly Senior Programs at the Neighborhood Center

### Line Dance:

Class designed for those with some line dance experience and those who wish to add to their repertoire.

### Line Dance (Beginning):

For those with little or no experience.

### Tai Chi at High Noon:

Learn ways to relax, revitalize, and have fun!

### Meditation:

Help calm your body and mind, heighten clarity, and cultivate a sense of oneness with self and others.

### EZ Hands-On Computers:

Basic computer skills designed with seniors in mind.

### Watercolor Painting (Beginning):

Learn fundamental techniques with step-by-step instruction.

### Watercolor (Advanced):

For those who have had previous experience in watercolor painting.

*For dates, times, and fees, please contact the Los Gatos Recreation Department, (408) 354-8700.*

## ART IN THE COUNCIL CHAMBERS Presents Mixed Media by: "The Los Gatos Art Association"

**Exhibit Dates:**  
**Nov. 12 — Jan. 7**

**Reception:**  
**Friday, November 19**  
**6:00 pm to 8:00 pm**



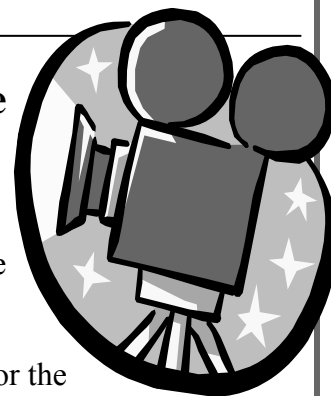
## Senior Center Information

Los Gatos Senior Center  
Located in the Neighborhood Center  
208 E. Main Street, Los Gatos, CA 95030  
Senior Coordinator: Linda Gallo

Hours: Monday through Friday — 8 AM to 5 PM  
Phone: (408) 354-1514  
Email: [lgallo@losgatosca.gov](mailto:lgallo@losgatosca.gov)  
Website: [www.losgatosca.gov](http://www.losgatosca.gov)

## Wednesday Afternoon Movies at the Senior Center

Remember to come to the Senior Center on the fourth Wednesday of each month at 1:00 PM to see a top-rated movie in the Neighborhood Center Lounge. Admission and snacks are free! You can come for the Live Oak Nutrition Lunch and stay for the movie afterwards (be sure to call Live Oak for a lunch reservation two days in advance at (408) 354-0707). November's movie will be **The Day After Tomorrow** and in December we will be showing **A Christmas Carol with Alastair Sim**.



**Please join us for lunch and a movie, or just a movie and snack.  
Enjoy our big screen movie experience!**

## Los Gatos Senior Center Newsletter Mailing List

If you would like to receive a free copy of the Los Gatos Senior Center Newsletter, complete and return this form or email this information to Linda Gallo, Senior Coordinator, at [lgallo@losgatosca.gov](mailto:lgallo@losgatosca.gov).

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
State / Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Return completed form to: Los Gatos Senior Center,  
208 E. Main Street, Los Gatos CA 95030